



Summer Fitness Classes

June 30-September 19, 2003 Class Space is Limited!!!
(12 weeks) First Registered, First Served

HOW TO REGISTER (starting MONDAY, June 23, 2003 at 6 a.m.):

- Call 216-433-6313 (voice mails accepted)
- Email NASAFIT@SINGHEALTH.NET
- In person at Building 320 (Fitness Center)

All registrations will be date and time stamped.

You will be emailed no later than June 27th regarding status of registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:15am-7:15 am Yoga			
	9:00-10:00 Healthy Back Class With Cookie		9:00-10:00 Healthy Back Class With Cookie	
11:00 - 11:45 Intermediate Step Aerobics	11:00 - 11:45 Total Body Toning	11:00 - 11:45 Intermediate Step Aerobics	11:00 - 11:45 Total Body Toning	11:00 - 11:45 Intermediate Step Aerobics
12:00 - 12:45 Step and Tone	12:00 - 12:45 Total Body Toning With Traci	12:00 - 12:45 Step and Tone	12:00 - 12:45 Total Body Toning With Traci	12:00 - 12:45 Step and Tone
4:30 - 5:15 Beginner Step Aerobics	4:00 - 5:00 Muscle Conditioning With Bob	4:30 - 5:15 Beginner Step Aerobics	4:00 - 5:00 Muscle Conditioning With Bob	
	5:05-6:00 Aerobic Kickboxing		5:05-6:00 Aerobic Kickboxing	

Starting 6/23/03...call 3-6313 or
email: nasafit@singhealth.net

CLASS DESCRIPTIONS

Yoga

Designed for all fitness levels with focus on mind/body connection. A variety of yoga practices such as ashtunga, hatha and vinyasa are used. Strength, flexibility and balance are addressed in the form of yoga postures. Please note: since class is held at the fitness center, complete quiet cannot be restored as facility exercise machines are being utilized at this time. Yoga mat recommended.

Healthy Back

Taught by a Certified Healthy Back Specialist, this class includes a full body warm up and specific exercises to strengthen and stretch the back, abdomen and postural muscles.

Intermediate Step Aerobics

This class is for those who have experience with step aerobics. Join us for 35-40 minutes of aerobic exercise, followed by light muscle stretching and toning when time permits.

Aerobic Kickboxing

Designed for all skill levels, this non-stop 55-minute class is devoted to all your muscle groups. Condition your body with cardiovascular movements such as kicks and punches and resistance training.

Step and Tone

This class is great for beginning steppers. Class offers 25 minutes of moderate intensity stepping, followed by light weight-training, stretching & toning exercises.

Beginner Step Aerobics

This class is great for beginner steppers. Class includes 35 minutes of moderate intensity stepping that will progressively increase in intensity followed by resistance training. Great for those interested in starting step aerobics.

Total Body Toning/Muscle Conditioning with Bob

Strengthen and stretch the major muscle groups (legs, abdominals, chest, back, arms, shoulders). A variety of training modalities are used (i.e. dumbbells, stretch tubing, body weight).

	Session Dates	Sign up starts at 6:00 a.m. on:
2003	June 30-September 19	Monday, June 23, 2003
2003	September 29-December 19	Monday, September 22, 2003

**REMEMBER: CLASSES FILL UP QUICKLY – SOMETIMES
IN THE FIRST HOUR!**